

Self Evaluation

1. Pain Scale
2. Evaluation Checklist

When pain is present, it is your body's way of telling you something is wrong. Remember, our activities are cumulative in each area of the body. If you are using your hands and arms in a repetitive activity at home – like painting or knitting – then type all day at work, you are at a greater risk of an ergonomic injury.

The following is a pain scale that is a guideline for how to treat the problem:

	Minor	Moderate	Severe
Description of each level of pain.	Doesn't affect ability to do any activities. Pain is minor and is present only during an activity; not after.	Pain persistent enough to alter one's behavior and performance. Residual discomfort after activity is completed.	Unable to do normal activities due to pain. Pain persistent during and after activities.
What actions should you take.	Use this website to make sure your workstation is ergonomically correct and you are working in a neutral posture.	Same as MINOR. Seek ergonomic consultation if pain persists after changes are made or seek medical treatment.	Seek medical treatment. Contact the CDC Occupational Health Clinic at 639-3385.

If you experience recurrent, persistent or worsening discomfort, especially if the discomfort includes pain, numbness or weakness, promptly consult a qualified physician.

The earlier a problem is correctly diagnosed and treated, the easier it is to take care of and less chance there is that it will progress to a disabling condition.
